

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

NOVEMBER 26, 2004



Cpl. Jessica M. Mills

The Marines of Section 1, Aircraft, Rescue and Firefighting, with the Marine Corps Air Facility, competed as a formation in the 7th Annual 3rd Radio Battalion 10K Turkey Trot Saturday, and won second place for the fastest formation category with a time of 1:16:00. For the third year in a row, the formation of Marines from the Personnel Support Center, 3rd Marine Regiment took first with a time of 52:41.

Turkey Trot made them sweat

Service members, families and civilians compete in 3rd Radio Battalion annual run

Cpl. Jessica M. Mills
Sports Editor

Thanksgiving is a day to spend time with family and friends, give thanks for all that you have, and stuff yourself silly on turkey, yams, stuffing and cranberry sauce.

By the end of the meal, many turkey-lovers

are pounds heavier and have to loosen the top button of their pants just to breathe. While this national tradition won't hurt anyone in the long run, a little exercise would go a long way in maintaining the waistline.

To prepare for this great feast, more than 200 people participated in the 7th Annual 3rd Radio Battalion 10K Turkey Trot Nov. 20, at Pop Warner Field.

The 6.2-mile race began at the field and traveled down Lawrence Road through the housing areas, and down Daly Road past the range facility and Fort Hase Beach. The runners continued behind the Marine Corps Exchange to the back gate and then squished through the muddy banks of Nuupia Ponds. The final stretch ran past Kahuna's and ended back at the starting point.

All types of runners participated in the event, from competitive racers to parents with strollers, and even people with their dogs. Among the participants were the MCB Hawaii Cross Country Running Team, and two separate formations of Marines from the Personnel Support Company with 3rd Marine Regiment, and Section 1 from Aircraft, Rescue and Firefighting, with the Marine Corps Air Facility.

According to Steve Kalnasy the course went pretty smoothly, although some of the runners had trouble wading through the thick mud on the Nu'upia Ponds portion, especially those with strollers.

Throughout the course, more than 70 volunteers from 3rd Radio Battalion stood watch and manned hydration points. The heat was relentless as the sun beat down on the competitors,

and the humidity soaked their clothing, so a number of them were found pooling at the water stations or hopping into the pacing van.

A little more than a half hour into the race, Air Force Maj. Antonio Eppelito, a family practice physician aboard Hickam Air Force Base, crossed the finish line in first place with a time of 36:25.

Maj. Dave Lucas, a member of the MCB Hawaii Cross Country Team, who won second place with a time of 37:46, closely followed him.

A naval flight officer with Patrol Squadron 47, Lt. j.g. Mike French took third place with a time of 38:35.

For the third year in a row the Marines from

See TURKEY TROT, C-4

Warriors crush Dirty Thirds

Cpl. Megan L. Stiner
Combat Correspondent

The Headquarters Battalion Warriors overpowered the 3rd Marine Regiment Dirty Thirds 29-14 at Pop Warner Field, Friday, during the fourth playoff game of the season sending the Warriors one step closer to the championship title.

Quarterback Kevin "K-mart" Martin led the Warriors offense to their seventh win of this year's season giving them a nearly flawless record. Their only set back against a perfect record was during the second game of the season against the Dirty Thirds.

The first big play of the game came when Dirty Thirds Brandon "The Goat" Barnett scored a touchdown early in the first quarter. With no extra point though, the Warriors were left with a small enough gap to make an easy comeback.

The Warriors first possession proved that point. Warrior offensive men Stephon Herbert and Aaron Edmonds attempted to move the ball but couldn't find the end zone. The Warriors finally put points on the board when Martin ran the ball in for a touchdown. Martin finished the possession off with a two-point conversion and the Warriors took control.

Their excitement carried over into the Dirty Thirds possession when an interception by full back Shawn Jones put the Warriors back in position for another score.

This time the team of Martin and corner back David Borrego led the way to the goal. Long passes and runs gave Martin a good position and it wasn't long before the Warriors capitalized on the play. Martin wasted no time with a touchdown and the kicker, Gearold Provence, added the extra



Cpl. Megan L. Stiner

The 3rd Marine Regiment Dirty Thirds defensive line pulls together to take down a Headquarters Battalion Warrior player during a playoff game Nov. 19.

point, bringing the score to 15-6.

The score remained the same until the third quarter of the game when Martin once again showed off his skills not only as a quarterback but also as a runner as he ran for a 55-yard touchdown. Again Provence came through with the extra point to make the score 22-6.

Just when the Warriors let their guard down, the Dirty Thirds took advantage of the opportunity. Dirty Thirds offensive ace Barnett moved the ball up the field with ease before Jameel Butler ran the ball into the end zone off a long pass. The extra kick fell short though leaving the score at

22-12 still in favor of the Warriors.

The action lost momentum after the Dirty Thirds scored until late into the third quarter when a safety granted the Dirty Thirds an additional two points bringing the score to 22-14.

The Dirty Third's time was up though, as the clock ran out on the third quarter and the final 15-minutes of the game began.

The Warriors and the Dirty Thirds fought back and forth during the fourth quarter but only one team came close

See FOOTBALL, C-4

3rd Marines defeat Na Koa

Cpl. Jessica M. Mills
Sports Editor

The Marines from the Personnel Support Center, with 3rd Marine Regiment, have been doing well in the Intramural Softball Season this year, with 14 wins and two losses. They added to their impressive statistics Friday, by defeating Patrol Squadron 47 Na Koa 16-9 at Riseley Field, securing their second place standing in the league.

Eric Kelz, the personnel officer for PSC, 3rd Marine Regiment, began the first inning with a triple to right center field, and brought two runs in. The next batter brought him in for a third run, with a single to second base, bringing 3rd Marines ahead 3-0.

In the bottom of the first, Na Koa was unable to get on base since Kelz, the 3rd Marines' pitcher, was pitching a no-hitter.

In the top of the second, 3rd Marines got on base but they had three outs before they were able to score.

"We played in the Headquarters Company tournament this afternoon and won," said Rudy Galvon, the separation noncommissioned officer with PSC, 3rd Marine Regiment. "We were tired afterwards, but we still showed up today and are giving it our all."

In the bottom of the second, the first batter for Na Koa hit a double to right center field. Then, Na Koa coach and pitcher, Jeff "Big Red" Wilson, an aviation warfare systems operator with VP-47, hit a pop fly to first base, but it was caught and passed to 3rd base, where another runner was tagged.

Although they already had two outs, Na Koa was still able to score three runs before another runner was tagged at first, ending the second inning with the teams tied 3-3.

In the top of the third, Travis Eslinger, a travel management office clerk with Headquarters Battalion, hit a triple to center field. Once the bases were loaded, Rick Almeida, the quality control chief for PSC, 3rd Marine Regiment, hit an

See SOFTBALL, C-5

BASE SPORTS

November 26 / Today

3rd Annual Turkey Burn Off — Work off those holiday calories at the 3rd Annual Turkey Burn Off, to be held from 9 a.m. until noon at the Semper Fit Center aboard Kaneohe Bay.

This Aerobathon not only benefits you, but the Toys For Tots charity. The entry fee is a new wrapped toy as a donation.

Contact the Semper Fit Center at 254-7597 for more information.



27 / Saturday

Pyramid Rock Beach Surf Showdown — Show your worth in the surf at the Pyramid Beach Surf Showdown. The meet hits the beach Nov. 27, from 7 a.m. to 5 p.m., and is open to all service members, their family members and DoD cardholders.

The competitions include youth surfing and body boarding for dependents ages 14 years and under as well as contestants ages 15 – 19 years.

Amateur surfers can battle it out in the Men's Division (18 – 30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages) and the Women's Longboard Division (all ages).

The entry fee is \$15 for adults and \$10 for youth. Surfers may also register at the event for an additional \$10. Each additional division surfers decide to join will cost an additional \$5. Awards will be presented to the first place winners in each division.

Entry forms can be found and dropped off at the MCB Hawaii Aquatics building 274 as well as at the beaches. Come down to partici-

pate or check out the action.

For more information, contact MCCS Aquatics at 254-7655.

Pro Bowl Tickets Go On Sale at Information, Tickets and Tours — Beginning Saturday, grab your Pro Bowl tickets while they're hot, and available!

It's first come, first served, so be sure to be there when ITT opens at 9 a.m. Ticket prices range from \$37 to \$103 depending on seating.

Call the ITT office to secure your Sunday-funday at the Pro Bowl at 254-7563.

30/ Tuesday

Intramural Football Championship Game — Head to Pop Warner Field Tuesday for hard-hitting playoff football action. The final game begins at 6 p.m.

Who's going to win the championship title? Find out by going to the games, and supporting your team.

Call 254-7591 for schedule information.

December 20 / Monday

Winter Junior Sailing Lessons Offered — Hey kids! Looking for something fun to do this winter break? Learn to be the skipper of your own boat with the base marina's Junior Sailing Lessons.

The two-week course is for ages 8 – 18, and runs Monday through Friday beginning Dec. 20 through 31. Choose from a 9 a.m. to 12 p.m. course, or a 1 to 4 p.m. course. Parents, this course is only \$99, and could make the perfect holiday present.

For more, call the Outdoor Recreation Center, at 254-7666.

Ongoing

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor now has two different boats to accommodate all of your fishing needs. Check out the Bill Collector, built for charter fishing at its finest and most comfortable.

Call 254-7667 for more information.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, as Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Also, every Wednesday, roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

Call the K-Bay Lanes now to get the spin at 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, for children ages 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Paintball Hawaii — Near the Lemon Lot, by the intersection of Harris Road and Mokapu Road lays Paintball Hawaii. Shoot over for the great deals and have a blast.

Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee. Players can purchase paint at the field from \$45 – \$50 for a case of 2,000 balls. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Junior Lifeguards — The base pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii. Let your kids enhance their skills and abilities in the water, plus gain confidence and experience that can lead to a job.

For more information, contact the base pool at 254-7655.

Take the Plunge — Wet your feet and beat the heat at any one of four MCCS pools that serve your swimming demands.

Splash to the K-Bay main pool at building 981, the Hilltop Pool at building 502 (for O' Club members only), the Camp Smith pool at building 125, or the Manana Housing pool in building 840.

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith.

The massage therapy program will help relieve your mental and physical fatigue and improve your overall circulation and body tone. You may choose from Shiatsu, Swedish, Lomi, deep-tissue and even Hot Rock Therapy!

Appointments are available by calling the K-Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in building 1391, located behind the 7-Day Store.

Adults and children are welcome, and costs are \$35 for adults, \$25 for children, and \$20 for additional family members.

Call Marine Corps Community Services Youth Activities for information at 254-7610.

Post-Thanksgiving workout

Semper Fit Center offers 3-hour Turkey Burn Off

Cpl. Jessica M. Mills
Sports Editor

Are your pants a bit snug after the second or third helping of yesterday's scrumptious Thanksgiving dinner?

There is no need to feel guilty about treating yourself once in a while as long as you exercise later. So work off those holiday calories at the 3rd Annual Turkey Burn Off, today from 9 a.m. until noon at the Semper Fit Center here.

The burn off is a three-hour aerobathon, separated into four aerobic sessions. Each session will have three classes going on at the same time for a half-an-hour each.



Session 2 — 10:20 – 10:50 a.m.
Step, Cycling, Butt Cut

Session 3 — 10:55 –11:25 a.m.
Step, Cycling, Gut Cut

Session 4 — 11:30 – 11:45 a.m.
Kickboxing, Yoga

Cooldown and Stretch — 11:45 a.m. – 12 p.m.
Final giveaways

This Aerobathon not only benefits you, but the Toys For Tots charity. The entry fee is a new, wrapped toy as a donation.

Every person who donates a toy will also be entered to win a door prize. The longer you stay, the larger the prizes. Door prizes have been donated from organizations such as Mary Kay, Pampered Chef, Party Light, Avon and many more.

At the end of the three-hour period, those who are still present will be entered to win the largest of the door prizes. Guests can stay as long or as short as they'd like; there is no requirement.

Warm up and Stretch — 9:10 – 9:40 a.m.

Session 1 — 9:45 – 10:15 a.m.
Step, Cycling, Upper Body Blast

COMMUNITY SPORTS

HTMC to Hike Hauula Uka Saturday

Burn off Thanksgiving dinner with this 6-mile, intermediate ridge loop. The trail, which is big brother to the Hauula Trail, loops towards the Koolau Crest, only to pause, double-back, and return to a spot not too far from where it started. Reach coordinator Dayle Turner at 384-4821 or turner@hawaii.edu for detailed information.

Adventurers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geo.cities.com/Yosemite/Trails/3660 for more information.

Turkey Swim, Sunday

Ala Moana Beach Park will be the site of a 1000m and 2000m Turkey Swim Sunday at 8:30 a.m. Call 536-3556 for details.

State Offers Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public.

Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is Dec. 10 from 5:45 to 10 p.m. and Dec. 11 from 7:45 a.m. to 4 p.m. in classroom A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right.

A picture ID is required for entry to the sessions. For more information about outdoor

education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/Welcome.html.

Try Fitness Hosts Off-Road Run

Try Fitness is proud to present the 1st Annual Off-Road 8K Challenge, Dec 18 at 6:45 a.m. Come join in the fun for an off road adventure. The route, which is just more than five miles, will take you off road into the hills and valleys of beautiful Kualoa Ranch. Everyone age 14 and over is welcome.

Entry fees are \$25 for individual participant and military, until Dec. 1. After Dec. 1 entry fee is \$35 (T-shirts are not guaranteed for late registration). Packet pick-up is Dec. 15 – 16 from 2-6 p.m. at Island Triathlon and Bike, 569 Kapahulu Ave., Honolulu.

Awards in the Off-Road 8K Challenge will be given to the top three male and female finishers overall and the top three finishers in each age group starting at age 14. Awards will also be given to the top three male and female active duty military finishers.

To register print an application from www.tryfitnesshawaii.com or register online at www.active.com. For more information call Try Fitness at 946-0346.

Harlem Globetrotters Tickets on Sale

Tickets are on sale now for Tuesday's appearance by the world-famous Harlem Globetrotters. The show begins at 7:30 at the Blaisdell Arena. The show is part of the Trotter's current Asia-Pacific tour.

The Globetrotters are the world's winningest basketball team. They have performed before more than 120 million people in 117 countries since their first game in 1927.

Tickets are priced at \$35 for courtside and side risers, \$25 for risers and \$15 and \$10 for upper levels. Special discounts apply for children 12 and under, seniors 65 and older and those with a military ID. Discounts are \$3 off \$35 and \$25 tickets and \$2 off \$15 and \$10 tickets. There is also a 10 percent discount for

groups of 20 or more. Tickets are available at the Blaisdell Box Office and all Ticketmaster locations, including Times Supermarkets.

Adventure Race at Kualoa Ranch

This, the second of three main series races on Oahu will further test racers' skills in adventure racing and will include some night time operations. Race Two, Dec. 19, will consist of hiking and trekking, orienteering and navigating, kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder. It will be completely self-supported in a team format and will last approximately 4 – 6 hours. The Adventure Race Hawaii Sprint Adventure Race is a USARA sanctioned race.

Advanced certifications in ropes and water will be required. Each certification clinic is \$25 and clinics are offered the day before the race at Kualoa Ranch at the following times. If you have prior open ocean and wave surfing Kayaking experience as well as fixed rope ascending and traversing experience you will need to provide a list of your levels of experience if not you will be required to attend the ropes and kayaking certifications.

Registration is currently underway online at www.active.com or adventurers can register the day prior to the race, Dec. 18, at Kualoa Ranch. Entry fees are \$170 for two person teams and \$330 for four person teams. Military participants are \$153 for tow person teams.

Visit www.adventureracehawaii.com/race2_overview.php or call 591-9839 for detailed race information.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

•**Saturdays at 1 p.m., History Tours by van:** Learn about and see significant historical landmarks on Bellows Air Force Station.

•**Sundays at 8:30 a.m., History Tours by bike:** Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes.

•**Tuesdays and Thursdays at 10 a.m., Lei Making:** Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories.

•**Wednesdays at 6:30 a.m., Bikram's Yoga:** Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills including water safety and efficient paddling techniques in this two-hour class.

•**Thursdays at 9 a.m., Beach 101:** The whole family can attend this fun class.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included.

Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*. E-mail items to editor@hawaii-marine.com, or call the *Hawaii Marine* at 257-8836 or 257-8837.

Base All Star



Andrew Saguid

Unit: Maintenance Control, Helicopter Anti-Submarine Squadron Light 37
Billet: Leading Petty Officer
Hometown: Cranston, R.I.
Sport: Competitive Body Building

- Saguid won the lightweight division at the Paradise Cup Bodybuilding Championship on Nov. 12 in Oahu.
- He also won first place in the Masters Division, and first place in the Middleweight Division at Fort Lewis, Wash. in May 2004;
- Then he won first place in the Northern Golds Classic, an NPC qualifier.
- Saguid also enjoys snowboarding during his free time.



SPORTS AROUND THE CORPS

Runner’s World honors ‘heroes’

Marine recognized for completing marathon in Iraq

Cpl. Beth Zimmerman
New York City Public Affairs

NEW YORK — Runner’s World magazine recognized eight runners featured as heroes in their December edition in Manhattan Nov. 6. Marine Maj. William Maples was one of the athletes recognized by Runner’s World as “having made a significant impact on the world of running.”

“In our heroes issue, we honor those who have given back to the sport in a monumental way,” said David Willey, editor-in-chief of the magazine.

The athletes honored included Sir Roger Bannister, who recently celebrated his 50th anniversary of breaking the 4-minute-mile record in May of 1954; Bruce Cleland, who personally raised \$1 million to benefit the Leukemia and Lymphoma Society; Deena Kastor, the 2004 Women’s Olympic Marathon Bronze Medalist;

and Meb Keflezighi, the Men’s Olympic Marathon Silver Medalist.

The honorees also included Judy Pickett, a three-time breast cancer survivor who completed 100 cancer benefit runs; Sarah Reinersten, a marathon runner who was the first female with a prosthetic leg to enter the Hawaii Ironman competition; and, Norb Sander, who was a major force behind the New Balance Track & Field Center at the Armory and National Track & Field Hall of Fame in New York City.

Maples had competed in California’s Badwater Ultramarathon for six years before he deployed to Iraq.

Runner’s World recognized him for completing his own version of the 135-mile-marathon on his own July 14 while stationed at Camp Taqaddum, Iraq.

“He stopped only (a couple times), (because of) enemy rockets,” said Willey before handing the major his award.

“I’m very humbled,” said Maples when he accepted the award. “I’m not a hero. The young men and women who are serving overseas right now are the heroes.”



Cpl. Beth Zimmerman

Maj. William Maples (far right) poses for a photo with other awardees during Runner’s World magazine’s event honoring eight “heroes” it featured in their December issue. Pictured from left to right are Norb Sander, Georgia Cleland (who accepted her father’s award), Sarah Reinertsen, and Judy Pickett.

Mountain climber teaches training and sport

Sgt. Len Langston
MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. — Hiking across 5.2 miles of mountain terrain with a 63-pound pack and a rifle in a time limit of 85 minutes was a requirement David L. Walter accomplished to earn a spot at the Summer Mountain Leaders Course at the Marine Corps Mountain Warfare Training Center, Bridgeport, Calif.

The demanding course sparked Walter to immerse himself into the sport of rock climbing and persuade others to do the same.

Walter, the training noncommissioned officer and administration clerk for Service Company, has embarked on a trek to free himself of the stresses of the Marine Corps, at least for a moment’s time, when he’s contorting his 5-foot-11-inch lanky body around a boulder or cliff to “top out.”

The reward of “topping out”, which means reaching the top, is an adrenaline rush, according to Walter.

“You’re scared to death, but once you make it,

it’s a great sense of accomplishment and a rush,” said Walter.

Perched 30 feet off a boulder with nothing but countless hours of climbing techniques, rubber sole shoes, a chalk pouch and a strong grip, Walter doesn’t spend time being scared of heights — not anymore at least.

“I used to climb trees when I was a kid. I wasn’t super scared, but I used to freeze up climbing trees,” Walter said.

Freezing up was not an option when Walter was 200 feet up a cliff roped in with another climber, leap-frogging to the top.

The Mountain Leaders Course helped Walter overcome his fear of heights.

“It takes such focus and all you’re thinking about is the rock and that next move,” Walter said.

Walter tries to get Marines involved in rock climbing and he leads a group at a local rock gym.

“He’s a very good teacher,” said Lance Cpl. Jared M. Padula, combat photographer, Combat Visual Information Center. “Without his instruction, I would not have made it too far, and I

think I’m in good shape. Seeing him contort his body like that makes it look feasible. He has a rhythm when going up the rock.”

Since completing the course, Walter has found his passion in conquering new peaks.

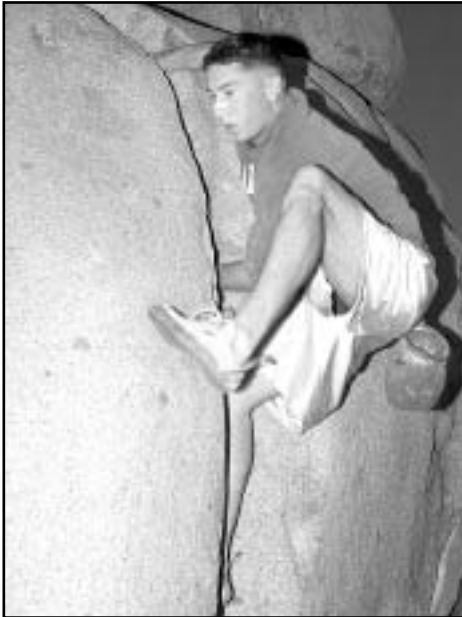
Walter tries to climb three to four times a week, either in the gym or outdoors, but he admits it’s difficult to squeeze the time in with the added hobbies he enjoys.

Walter is also a singer and songwriter. He performs at local venues. Walter is also a certified scuba diver, but he said he enjoys rock climbing the most.

When Walter leaves the depot, he will advise infantry units in mountain terrain environments, maintain all assault climbers’ equipment and train assault climbers.

Motivated and pumped with the experience and training he learned at Bridgeport, Walter said he wants to return as an assault climber instructor or transfer to an infantry unit and deploy to Afghanistan to become an advisor.

“I’m a challenge-oriented person and rock climbing is the perfect sport,” said Walter. “It just clicks with me.”



Sgt. Len Langston

Walter uses the cracks in the boulder to brace himself and maneuver up the face of the rock. This is Walter’s favorite technique.

Dec. 1 is World AIDS Day

Press Release

Centers for Disease Control and Prevention

This annual global event is dedicated to remembering the victims of AIDS, learning more about the devastating effects of the disease around the world, and reaffirming the commitment to fight it.

AIDS has killed more than 20 million people since the first cases were diagnosed in 1981, including 2.9 million in 2003 alone. It is estimated that 37.8 million people were infected with HIV at the end of 2003, with 2.9 million new cases that year. Sub-Saharan Africa is the worst-hit region, with 70 percent of all people living with HIV.

In the United States, up to 950,000 Americans are estimated to have HIV, with 40,000 new infections every year. Among women, minorities — particularly African Americans — are hit by the vast majority of

AIDS cases. These women are suffering from rates of HIV infection 10 to 20 times those of white women, and AIDS is one of the leading causes of death among women aged 25-44 years.

In support of World AIDS Day, the Department of Health and Human Services is hosting an Awareness Day Web site, which offers information on prevention, testing, treatment, and vaccine research.

This year's theme is “Women, Girls, HIV and AIDS,” which reflects a focus on how the effects of HIV/AIDS have significantly increased among women. Women now make up half of all people living with HIV worldwide, and 57 percent of these women live in sub-Saharan Africa. In that region, women are infected at an earlier age than men, and the ratio of new infections among women compared to men is even higher within the 15–24 age group. Poverty, instability, violence, lack of access to

adequate health care, and ignorance all contribute to the problem.

World AIDS Day was first observed on Dec. 1, 1988, after an international summit of health ministers called for a new spirit of social tolerance and a greater exchange of information on HIV/AIDS.

Observed annually on Dec. 1, World AIDS Day serves to strengthen global efforts to address the challenges of the AIDS pandemic, which continues to spread throughout every region of the world.

Participation in World AIDS Day activities grows stronger every year, from small local groups to large community-based and national organizations. Likewise, local, state, and federal government agencies sponsor activities and promote awareness of World AIDS Day.

In recognition of the growing complexities of the HIV/AIDS global epidemic, UNAIDS, the Joint United Nations Programme on HIV/AIDS,

was created in 1996 to unite six global agencies in their response to the problem. For more about UNAIDS and its World AIDS Day initiative, visit www.unaids.org/en/events/world+aids+day+2004.asp.

Women now comprise nearly half of the 37.2 million adults living with HIV worldwide, according to an annual report by UNAIDS and World Health Organization released ahead of World AIDS Day. The report also estimated 39.4 million adults and children are living with HIV in 2004 — the highest level ever — compared to about 36.6 million two years ago.

During the past two years, the number of HIV-infected women has risen in every region of the world. East Asia had the highest increase with 56 percent, followed by Eastern Europe and Central Asia with 48 percent. “Increasingly the face of AIDS is young and female,” said UNAIDS Deputy Executive Director Dr. Kathleen Cravero.

FOOTBALL, From C-1

enough to add to the points. Due to superb blocks by Jones, Warrior linemen Kent Croft came through for the offense with the final touchdown of the game. Provence also added to the points once again with a good kick giving him four for four for the night.

The Warriors had secured a position in the Championship game for the second year in a row.

“It was a good game between two tough teams,” said Dirty Thirds head coach Tavrean Smith. “Both teams played well but when it came down to it the better team won.”

TURKEY TROT, From C-1

PSC, 3rd Marine Regiment finished ahead of the other formation from Aircraft, Firefighting, and Rescue, with the Marine Corps Air Facility.

“This is our last time competing as PSC, we are being disbanded soon, and my Marines will go to IPAC. So this was a special time together and very memorable,” said Chief Warrant Officer Karl Kirk, PSC director.

According to Rob Adams, coach of the MCB Hawaii Cross Country Team, his members performed well. They took second, third, fourth, eighth, 15th and 16th place.

“They were a little slower this race due to the humidity and I have been working them pretty hard in training lately,” said Adams. “But this is a good indicator of where they are on the longer end of the spectrum.”

The team is preparing for the All-Marine Cross Country Competition that takes place Dec. 11 in Camp Pendleton, Calif.

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inside-the-park home run and raised the score 6–0.

The bottom of the third was quick and clean, both 3rd Marines infield and outfield were alert and on the ball, and Na Koa had no chance of getting a run. Within the first few minutes, Na Koa hit a beamer to second, but it was caught and passed to the first baseman who tagged the runner, giving Na Koa two outs.

Their third out was only moments later when the next batter hit a pop fly to left center played by Eslinger, who caught it for the third out. The score stood at 6–3, with 3rd Marines still ahead.

In the top of the fourth, Na Koa seemed to buck up, although 3rd Marines were on base, two of their men were struck out at bat. Then, with men on first and second, Eslinger came up to bat and hit an in-the-park home run, bringing in three runs for

his team. The lead stretched, 9–3.

The 3rd Marines were not giving up their lead without a fight, and managed to score three more runs before Na Koa made the third out. The top of the fourth ended with the Marines ahead 12–3.

Na Koa seemed to be getting disheartened, and they finished the bottom of the fourth with no runs scored.

But when the 3rd Marines came up to bat in the top of the fifth, Na Koa was back in the saddle and caught two outfield balls, but 3rd Marines still had a few more tricks up their sleeve. Kelz hit a double, but the pass to the pitcher was long, and Kelz took the opportunity to steal third. Then Galvon brought Kelz home with a single to second base.

The Marines were not finished yet, Mario Ramirez came up and hit a double and scored another two runs, bringing the score up 16–3.

In the bottom of the fifth, the umpires warned Na Koa that

they must score three runs to continue the game otherwise the umpires would call the ten-point rule. With that as motivation, the Sailors continuously hit singles to make bases loaded. Once the runs started coming in, it was a rush, they scored seven runs before they were struck out, and curbed the gap 16–9.

In the top of the sixth, Na Koa was determined to keep 3rd Marines from scoring, and they managed to get three outs with no runs.

With one minute left, 3rd Marines would not give Na Koa a chance to score and they gave it their all. Ramirez caught a grounder at shortstop and tagged the runner at second, then passed to the first baseman who tagged the runner at first. The last out was on a pop fly to left field, ending the game with 3rd Marine Regiment ahead, 16–9.

“Na Koa placed the ball really well and had a comeback, but it did not bother us,” said Galvon. “We have had comebacks like that before and we always come back and win it.”